



Divecha Centre for Climate Change
Indian Institute of Science
BANGALORE - 560012
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SEMINAR NOTICE

Title: “Environmental Issues to Mitigate Headaches in Particular Migraine”

Speakers: Dr. Pravin Thomas, Neurologist, Founder of World Headache Society.

Date: 30th June 2022 (Thursday)

Time: 4:00 pm – 5:30 pm

Venue: Hybrid mode (DCCC Auditorium and Online using MS Teams)

Speaker Bio :

Pravin Thomas is a board certified neurologist and founder of the World Headache Society. He completed doctoral level neurology residency training from Amrita Institute of Medical Sciences and Research Centre, India. He completed a Postgraduate Diploma in Clinical Neurology from Queen Square Institute of Neurology with a distinction and also the Diploma of the European Board of Neurology.

He was Clinical Fellow in the Complex Headache Service at Queen Elizabeth Hospital Birmingham, UK. He is trained in procedural headache medicine and has also completed a fellowship in pain medicine. He worked as consultant neurologist and lead of headache medicine at Basildon and Thurrock University Hospitals NHS Foundation Trust, UK.

He is Senior Associate Editor of Headache Medicine Connections, the official journal of the World Headache Society. He is also Assistant Editor of the Annals of Indian Academy of Neurology. For the last 20 years he has been involved in the education of neurology, internal medicine, psychiatry, pain medicine and psychiatry trainees. He is a member of the Association of British Neurologists, World Headache Society and Indian Academy of Neurology.

He is an advisor to the American Academy of Yoga and Meditation. He has received best paper awards from the Neurological Society of India and the Indian Academy of Neurology. He has been an invited speaker at the British Association for the Study of Headache and the Oxford Headache Symposium and chaired sessions at neurology and headache societies. He has published extensively and two of his books are in the process of being published.

<https://www.narayanahealth.org/bangalore/neurology/dr-pravin-thomas-headache-specialist>

Abstract:

The evolution of lifeforms and its sustenance is heavily dependent on the environment. The most common neurological disorder and one of the commonest causes of disability worldwide is migraine, which is also the most common headache disorder. Changes in the external and internal environment are the most important triggers for a migraine attack. What are the evolutionary roots of this malady? Is it possible to improve our wellbeing and have a clear head with sharp focus by learning more about the environment and applying scientific principles of ecology and physiology?

All are Welcome